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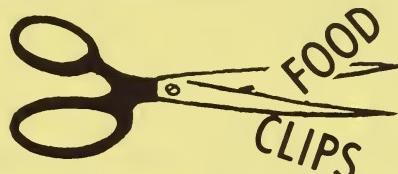


ATX 341
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

July 15, 1974



A 'country' ham is one that has been produced by using a dry cure, slow smoking and a long drying process — and is heavily salted. Often called Virginia, Georgia, Kentucky, or Tennessee ham -- depending on the state where the ham was produced.

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A 'picnic' ham is the front shoulder cut of pork which has been cured in the same manner as ham. It may be canned -- if so, it is fully cooked.

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A 'smoked' ham is a cured ham which has been hung over burning hardwood in a smokehouse to impart a slightly 'smoky' flavor. Curing and smoking are sufficient to protect you from trichinosis.

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A 'nonperishable' ham means one that is fully cooked (usually small canned hams 1½ to 3 pounds) which has been cooked to an internal temperature of at least 250° during processing. It need not be refrigerated — until it is opened.

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EASY DOES IT —Cooking for (One or) Two

"Cooking for Two," a basic recipe guide for the homemaker, was prepared by the Food and Nutrition Service of the U.S. Department of Agriculture primarily for older people. The type is large and bold --easy to read and the meals are easy to prepare.

Foods selected were based on nutritional values needed to maintain health. Helpful hints are also included on planning and serving meals.

Recipes featured in the booklet include favorites such as potato soup, old-fashioned rice pudding and hamburger pie.

People who receive food stamps can get a free copy of the cookbook by sending a note (or asking for it) from wherever they receive their food stamps — or, by writing to the Food Stamp Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250.

For the general public, copies may be obtained for \$1.10 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Ask for it by name and number, "Cooking for Two" Program Aid No. 1043.

THE TURKEY BIRD

— Processed

Turkey roll and roast processing is big business today. In fact, it has been one of the fastest growing segments of the poultry industry in the last decade according to a new report by the Economic Research Service of the U.S. Department of Agriculture.

Turkey "rolls and roasts" are usually made from deboned turkey meat, normally breast meat, thigh meat, or some combination of the two. There are several types of products ranging from raw, boneless roasts to oven or steam-cooked rolls made with various combinations of broth and gravy, package sizes and brand name products.

Back in the early 1960's these products consumed 8 million pounds of turkey. But — in 1972, more than 250 million pounds of turkey was processed in this manner . . . obviously it's a growing industry.

It is estimated that — at the present rate — consumption of turkey rolls, roasts, and breasts may reach a level of 800 million pounds by 1985. That's about 3.5 pounds per person. This depends, however, on continued improvement in product quality, greater efficiency in producing and marketing of turkeys in general and higher levels of demand for convenience food products.

POWER SAVER

A tree for your air conditioning unit? Right! Your unit should be kept out of direct sunlight. If your roof overhang doesn't cover it, you might want to plant a shade tree or bush nearby, suggests the Forest Service, U.S. Department of Agriculture.



Dedicating a Garden Center. Mrs. Earl L. Butz (left), wife of the Secretary of Agriculture, joins with Mr. H. A. Slack, vice president, Atlantic Richfield Co., in helping a young gardener cultivate her vegetables in Washington, D.C. The occasion was the dedication of a new youth garden center with garden plots for 125 children. Mrs. Butz is a sponsor of the Washington Youth Gardens which provides an opportunity to 1,000 youngsters to garden at the U.S. Department of Agriculture's National Arboretum, two garden centers and at playgrounds.

HOW SWEET THEY ARE! — Cherries

People who like to munch on fresh sweet cherries may not know it, but they're following a very old human inclination.

Cherries have been popular out-of-hand eating since prehistoric times. This year, supplies of sweet cherries from the seven western cherry-producing states are expected to be seasonally heavy through mid-July. The largest producers for fresh market are California, Oregon, and Washington. The quality is excellent, according to marketing specialists at the U.S. Department of Agriculture.

"Cherry-Apple Cup" for dessert

Serves 6, 1/2 cup each

3/4 cup banana slices	3/4 cup fresh dark sweet cherries, cut in half and pitted
1 cup apple, unpared, diced	3/4 cup orange sections, drained
1 tablespoon lemon or orange juice	2/3 cup mint sirup*

Coat banana slices and apple with juice. Combine banana slices, apple, cherries, and orange sections in large bowl; mix lightly. Pour sirup over fruits. Chill about 30 minutes. Then serve immediately.

* For the mint sirup, combine 1/2 cup sugar, 1 cup water, and 6 to 8 mint leaves and boil 5 minutes. Remove mint leaves and cool. If you prefer, use a plain sugar sirup. Follow directions for mint sirup but omit the mint.

NOTE:

Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-4898.
